

V. Workshop Handouts

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Just Say Go Activity Sheet



1. Try three of the following physical activities set up around the meeting area. Check off the activities you tried.

___ Golf

___ Hula hoop

___ Bowling

___ Deskercise

___ Gardening

___ Dancing

___ Jump rope

2. Find 2 people who participate in the following activities on a regular basis.

___ Basketball

___ Tennis

___ Walking

___ Workout at a gym

___ Exercise classes

___ Bowling

___ Golfing

___ Bicycling

___ Gardening

___ Housekeeping

___ Washes the car

___ Takes the stairs

___ Other: _____

3. Ask 1 person what are 3 benefits of being physically active?

4. Ask 1 person what are 2 barriers that keep people from becoming more physically active?

Your Profile

5. How active are you? Would you like to become more physically active? What motivates you to exercise?

6. Set two achievable goals that help you increase your physical activity.

7. What activities can you do to improve your activity level?



Do I Need A Medical Exam?

Mark the items that apply to you.

- ☐ You have a heart condition and your doctor recommends only medically supervised physical activity.
- ☐ During or right after you exercise, you frequently have pains or pressure in the left or mid-chest area, left side of your neck, or left shoulder.
- ☐ You have developed chest pains within the last month.
- ☐ You tend to lose consciousness or fall over because of dizziness.
- ☐ You feel extremely breathless after mild exertion.
- ☐ Your doctor recommended that you take medication for high blood pressure or a heart attack.
- ☐ You have bone or joint problems.
- ☐ You have a medical condition or other physical reason not mentioned here that might need special attention in an exercise program (such as insulin-dependent diabetes).
- ☐ You are more than 25-30 pounds overweight.
- ☐ You are a man over the age of 40 or a woman over the age of 50, have not been physically active, and are planning a vigorous exercise program.

If you didn't check any items on the checklist, you have the green light to become more active slowly and sensibly. If you checked one or more items on the list, visit your doctor before increasing your activity level. If you are more than 25-30 pounds overweight or if you are a man over 40 or a woman over 50 years of age, you might want to call your doctor and ask whether they have any concerns about your starting a moderate activity program, such as walking.

- ☐ Adapted from: *Fitting In Fitness, Hundreds of Simple Ways to Put More Physical Activity into Your Life*, American Heart Association, 1997, Random House. p.33-34
- ☐ Note: This checklist was developed from several sources, particularly the Physical Activity Readiness Questionnaire, British Columbia Ministry of Health, Department of National Health and Welfare, Canada, (revised 1992)



TIPS ON CHANGING HABITS FOR DIET AND PHYSICAL ACTIVITY LEVELS

As you begin a program to modify your diet or physical activity, it is important to set goals for yourself. If you outline specific goals at the outset, you are far more likely to be successful in your efforts.

Goal Setting Involves Three Steps:

- Identify what you intend to accomplish
- Clarify why you want to accomplish this goal
- Define a time table for attaining your goal

Identify Your Goal

Have goals that are specific and realistic. For example, instead of stating your goal as "I want to lose weight" you might state it as "I want to lose five pounds." It is good to be enthusiastic and to expect success in your efforts, but, setting goals that are very difficult or impossible to achieve may set you up for failure. An individual who sets a weight loss goal of 100 pounds in a year may become discouraged when he loses 75 pounds. It may be more realistic to set a goal of losing a pound each week. Someone else may decide they will lose ten pounds by next week (maybe to fit into a certain outfit for a party). This is certainly a specific goal but it is not realistic. A ten pound weight loss in one week is not possible for most people and is definitely not advisable. Or you may set a physical activity goal to increase your walking to 20 minutes a day, 3 days a week, instead of joining a gym and trying to workout everyday.

Why Accomplish Your Goal?

To succeed in reaching a goal it must be important to you. If you are planning to increase your activity level because your spouse or your doctor told you to, and not because you want to change, it will be difficult to stay motivated. If, however, you have decided to become more active because, you desire this change, you are more likely to be successful.

There are both benefits and disadvantages attached to changing your diet or modifying your activity level. If, for example, you have decided that you will follow a plan with a goal of losing five pounds or you want to get into shape, the benefits to you might be:

- more energy
- improved self image
- more nutritious diet
- clothes fit better

Some disadvantages attached to making these changes might be:

- • not being able to watch as much television or using the computer as much as you used to
- • not being a couch potato

You need to identify in advance the benefits and the costs of making changes so when you begin a program or start a plan, you are fully aware of the commitments it demands.

Examples of Moderate Amounts of Physical Activity

The amount of activity you do depends on the frequency, intensity, and time (duration). As the examples in the box show, you can get the same amount of activity by doing less vigorous activities for more time as you can by doing more vigorous activities for less time.

- Playing golf, badminton, croquet, shuffleboard, lawn bowling or table tennis for 60 minutes
- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Vacuuming or sweeping floors for 45-60 minutes
- Gardening or pushing a mower for 35-40 minutes
- Wheeling in a wheelchair for 30-45 minutes
- Walking 1 $\frac{3}{4}$ miles in 35 minutes (20 minutes per mile)
- Playing tennis (doubles) or basketball (shooting baskets) for 30 minutes
- Dancing fast socially, for 30 minutes
- Pushing a stroller 1 $\frac{1}{2}$ miles in 30 minutes
- Raking leaves for 30 minutes
- Walking 2 miles in 30 minutes
- Doing water aerobics for 30 minutes
- Swimming laps for 20 minutes

Less Vigorous,
More Time



Estimated Maximal Heart Rates and Target Ranges for Cardiorespiratory Conditioning

Age	Maximum (beats/min.)	Target Range* (65-90% of max.)	10-Second Target Range
20	200	130-180	22-30
25	195	127-176	21-29
30	190	124-171	21-29
35	185	120-167	20-28
40	180	117-162	20-27
45	175	114-158	19-26
50	170	111-153	19-26
55	165	107-149	18-25
60	160	104-144	17-24
65	155	101-140	17-23

*Recommended Intensity from: American College of Sports Medicine, *Guidelines for Exercise Testing and Prescription*, 3rd ed. Philadelphia, PA: Lea & Febiger, 1986.



CDC's Guidelines for School and Community Programs Promoting Lifelong Physical Activity

At-A-Glance

Young people can build healthy bodies and establish healthy lifestyles by including physical activity in their daily lives. However, many young people are not physically active on a regular basis, and physical activity declines dramatically during adolescence. School and community programs can help young people get active and stay active.

BENEFITS OF PHYSICAL ACTIVITY

Regular physical activity in childhood and adolescence



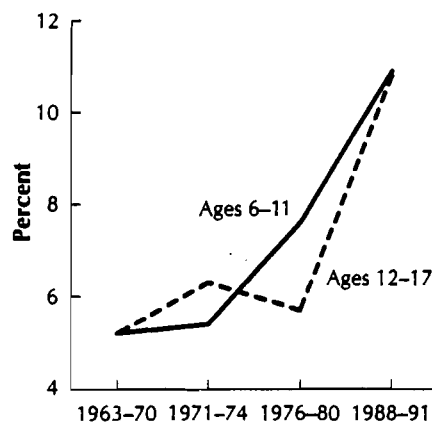
- Improves strength and endurance.
- Helps build healthy bones and muscles.
- Helps control weight.
- Reduces anxiety and stress and increases self-esteem.
- May improve blood pressure and cholesterol levels.

In addition, young people say they like physical activity because it is fun; they do it with friends; and it helps them learn skills, stay in shape, and look better.

CONSEQUENCES OF PHYSICAL INACTIVITY

- The percentage of young people who are overweight has more than doubled in the past 30 years.
- Inactivity and poor diet cause at least 300,000 deaths a year in the United States. Only tobacco use causes more preventable deaths.
- Adults who are less active are at greater risk of dying of heart disease and developing diabetes, colon cancer, and high blood pressure.

Percentage of Young People Who Are Overweight



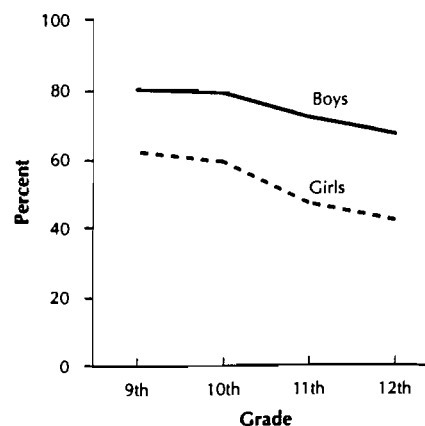
Note: Overweight defined by the age- and sex-specific 95th percentile of body mass index from National Health Examination Surveys II and III (1963-70 data).

Source: National Center for Health Statistics unpublished data (age adjusted), 1995.

PHYSICAL ACTIVITY AMONG YOUNG PEOPLE

- Almost half of young people aged 12–21 and more than a third of high school students do not participate in vigorous physical activity on a regular basis.
- Seventy-two percent of 9th graders participate in vigorous physical activity on a regular basis, compared with only 55% of 12th graders.
- Daily participation in physical education classes by high school students dropped from 42% in 1991 to 25% in 1995.
- The time students spend being active in physical education classes is decreasing; among high school students enrolled in a physical education class, the percentage who were active for at least 20 minutes during an average class dropped from 81% in 1991 to 70% in 1995.

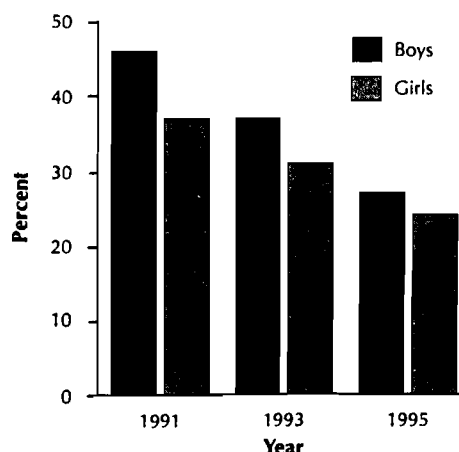
Regular Participation in Vigorous Physical Activity* by High School Students, 1995



*On 3 or more of the 7 days preceding the survey, at least 20 minutes' participation in activities that made the students breathe hard and sweat.

Source: CDC, National Youth Risk Behavior Survey, 1995.

Daily Participation in Physical Education by High School Students



Source: CDC, National Youth Risk Behavior Survey.

HOW MUCH PHYSICAL ACTIVITY DO YOUNG PEOPLE NEED?

Everyone can benefit from a moderate amount of physical activity on most, if not all, days of the week. Young people should select activities they enjoy that fit into their daily lives. Examples of moderate activity include



- Walking 2 miles in 30 minutes or running 1½ miles in 15 minutes.
- Bicycling 5 miles in 30 minutes or 4 miles in 15 minutes.
- Dancing fast for 30 minutes or jumping rope for 15 minutes.
- Playing basketball for 15–20 minutes or volleyball for 45 minutes.

Increasing the frequency, time, or intensity of physical activity can bring even more health benefits—up to a point. Too much physical activity can lead to injuries and other health problems.

CDC's Guidelines for Promoting Lifelong Physical Activity

CDC's Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People were developed in collaboration with experts from other federal agencies, state agencies, universities, voluntary organizations, and professional associations. They are based on an extensive review of research and practice.

KEY PRINCIPLES

The guidelines state that physical activity programs for young people are most likely to be effective when they

- Emphasize enjoyable participation in physical activities that are easily done throughout life.
- Offer a diverse range of noncompetitive and competitive activities appropriate for different ages and abilities.
- Give young people the skills and confidence they need to be physically active.
- Promote physical activity through all components of a coordinated school health program and develop links between school and community programs.

RECOMMENDATIONS

1 Policy

Establish policies that promote enjoyable, lifelong physical activity.

- Schools should require daily physical education and comprehensive health education (including lessons on physical activity) in grades K-12.
- Schools and community organizations should provide adequate funding, equipment, and supervision for programs that meet the needs and interests of all students.

2 Environment

Provide physical and social environments that encourage and enable young people to engage in safe and enjoyable physical activity.

- Provide access to safe spaces and facilities and implement measures to prevent activity-related injuries and illnesses.
- Provide school time, such as recess, for unstructured physical activity, such as jumping rope.
- Discourage the use or withholding of physical activity as punishment.
- Provide health promotion programs for school faculty and staff.

3 Physical Education Curricula and Instruction

Implement sequential physical education curricula and instruction in grades K–12 that

- Emphasize enjoyable participation in lifetime physical activities such as walking and dancing, not just competitive sports.
- Help students develop the knowledge, attitudes, and skills they need to adopt and maintain a physically active lifestyle.
- Follow the National Standards for Physical Education.
- Keep students active for most of class time.

4 Health Education Curricula and Instruction

Implement health education curricula that

- Feature active learning strategies and follow the National Health Education Standards.
- Help students develop the knowledge, attitudes, and skills they need to adopt and maintain a healthy lifestyle.

5 Extracurricular Activities

Provide extracurricular physical activity programs that offer diverse, developmentally appropriate activities—both noncompetitive and competitive—for all students.

6 Family Involvement

Encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

7 Training

Provide training to enable teachers, coaches, recreation and health care staff, and other school and community personnel to promote enjoyable, lifelong physical activity to young people.

8 Health Services

Assess the physical activity patterns of young people, refer them to appropriate physical activity programs, and advocate for physical activity instruction and programs for young people.

9 Community Programs

Provide a range of developmentally appropriate community sports and recreation programs that are attractive to all young people.

10 Evaluation

Regularly evaluate physical activity instruction, programs, and facilities.

This brochure and CDC's *Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People* can be reproduced and adapted without permission. Copies of the guidelines can be downloaded from the Internet at <http://www.cdc.gov>. (On the CDC home page, click on *MMWR*, select *Recommendations and Reports*, and then select March 7, 1997.) Print copies are available from: CDC, Division of Adolescent and School Health, ATTN: Resource Room, 4770 Buford Highway, Mailstop K-32, Atlanta, GA 30341-3724; phone: (888) CDC-4NRG. CDC's Division of Adolescent and School Health also distributes guidelines for school health programs on preventing the spread of AIDS, promoting lifelong healthy eating, and preventing tobacco use and addiction.

Note: The CDC *Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People* listed above is being mailed to the Office of the Superintendent of your Texas school district in September 1997.

Promoting Lifelong Physical Activity Among Young People

How You Can Help

Everyone can make a difference in young people's lives by helping them include physical activity in their daily routines. If you are a parent, guardian, student, teacher, athletic coach, school administrator or board member, community sports and recreation program coordinator, or anyone else who cares about the health of young people, here are some steps you can take.

Everyone Can

- ✓ Advocate for convenient, safe, and adequate places for young people to play and take part in physical activity programs.
- ✓ Encourage school administrators and board members to support daily physical education and other school programs that promote lifelong physical activity, not just competitive sports.
- ✓ Set a good example by being physically active, making healthy eating choices, and not smoking.
- ✓ Tell young people about sports and recreation programs in their community.
- ✓ Discourage the use of physical activity as a punishment.

Parents or Guardians Can

- ✓ Encourage your children to be physically active.
- ✓ Learn what your children want from physical activity programs and help them choose appropriate activities.
- ✓ Volunteer to help your children's sports teams and recreation programs.
- ✓ Play and be physically active with your children.
- ✓ Teach your children safety rules and make sure that they have the clothing and equipment needed to participate safely in physical activity.

Students Can

- ✓ Set goals for increasing your physical activity and monitor your progress.
- ✓ Encourage friends and family members to be physically active.
- ✓ Use protective clothing and proper equipment to prevent injuries and illnesses.
- ✓ Encourage the student council to advocate for physical education classes and after-school programs that are attractive to all students.
- ✓ Take elective courses in health and physical education.

"It's Everywhere You Go"...

Park and Recreation Events

Municipal parks and recreation facilities are excellent sites for physical activity events. They are open to the public, entrance is usually free or low cost, and they are identified with the promotion of wellness, leisure, and family and group activities. Many physical activity events can be planned and implemented in conjunction with park and recreation organizations.



YOU COULD

- Start a before-work, lunch, or after-hours walking group at a park near a high concentration of businesses.
- Conduct "getting started" workshops to introduce people to new activities. The activities need not be limited to what we traditionally think of as physical activity. What about hosting an outdoor dancing lesson or a power-walking seminar?
- Sponsor a walk in a local park. The event could be conducted as a fundraiser for recreational equipment or as part of a park cleanup.
- Hold a weekend event during which members of the community can play a pickup game of basketball, volleyball, tennis, or softball.
- Sponsor a kite festival at the park. Encourage families to come to the event and to take some walking trails during the day.

Sample Park and Recreation Programs

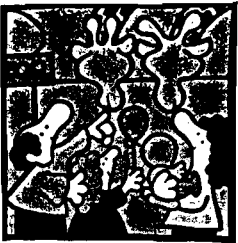
In Colorado, Parks and Recreation Departments united with local health departments to conduct physical activity promotion activities throughout the State.

Foothills Parks and Recreation District formed a partnership with the Jefferson County Department of Health and Environment to plan a broad spectrum of creative wellness activities. With funding from the Jefferson County Commissioner's Office, they purchased and outfitted a 34-foot bus for use as a mobile wellness classroom to deliver disease prevention and health promotion and physical activity-related programs throughout the community — to schools, worksites, and hard-to-reach neighborhoods.

The Fort Morgan Parks and Recreation Department joined forces with rather unusual partners: a local cemetery administrator to allow walking programs on the grounds of the memorial park, a local motel owner to provide water aerobics classes in his under-used swimming pool, and the staff of a 240-acre wildlife preserve (formerly a dump and wasteland) to develop walking trails and educational and recreational opportunities for community members.

POTENTIAL PARTNERS

- Municipal park staff and officials
- Park and recreation officials
- Radio stations (live broadcast from event)
- Service organizations
- Walking groups
- Dance instructors
- Chamber of Commerce
- Hospital-based wellness programs



Zoo and Aquarium Events

Zoos and aquariums provide opportunities for families and friends to spend time together while engaging in physical activity. These locations frequently come to mind when families plan outings.

YOU COULD

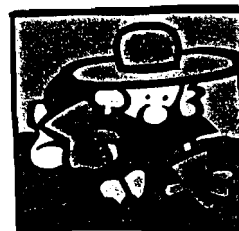
- Hold a “Walk with the Animals” event that combines walking for physical activity with a family day at the zoo. Form a partnership with your local zoo, that could, for example, reduce entry fees during the event. At an information booth near the zoo’s entrance, participants can receive a map highlighting places in the zoo where they can pick up information on physical activity, samples of orange juice or bottled water (free or at a reduced price), and tickets redeemable for zoo merchandise. For example, a station positioned near a particularly active animal could illustrate the importance of keeping active. At the monkey house, visitors could receive information on activities around their house or for their families. At each station, participants can estimate the distance they traveled.
- Host an aquarium event that emphasizes walking and water sports as a fun way to engage in physical activity. Set up stations around the aquarium that provide ideas for fitting physical activity into daily life.
- Conduct an event that encourages participants to search for particular animals located specific distances away from each other and the entrance. People who find a certain number of animals could receive a rebate on zoo merchandise or rebates from other event partners.
- At any of these events, use distance markers or provide maps or pedometers so that participants can track how far they have walked.

POTENTIAL PARTNERS

- Zoos and aquariums
- Sporting goods stores
- Pet stores
- Walking groups

Gardening Events

People might not realize that gardening provides opportunities for physical activity. Gardening can be done individually, with the family, or within a group. Often overlooked as a way to engage in physical activity, gardening can last a lifetime.



YOU COULD

- Conduct gardening workshops to introduce people to flower or vegetable gardening.
- Sponsor individual or group plots in a community garden. Workshop attendees could receive rebates on the plots or win plots in a raffle, or availability could be limited to a first come-first serve basis. You could hold a contest for the plot with the best flowers, most vegetables, best individual or group plot, etc. to heighten interest. Winners could receive rebates on gardening supplies.
- Contact farms to gauge interest in holding "glean" days. Gleaning involves collecting the fruits and vegetables that were not harvested (e.g., apples that fell off the trees) and donating them to food banks. Whoever collects the most can come back to pick their own (at a reduced rate).
- Make a day of the event. Hold sack races and scavenger hunts. Whoever walks a certain distance or finds a certain number of items can receive a prize.

POTENTIAL PARTNERS

- Flower and gardening stores
- Grocery stores
- Gardening clubs or horticultural societies
- Small resource farmers
- Farmers' markets
- Chambers of Commerce
- City councils
- Cooperative extension service



Community Service Events

You can promote the campaign's messages and activities through community efforts that tie physical activity into volunteer efforts. Not only will participants beautify their surroundings and strengthen their communities, but they will participate in activities that will boost their energy levels and build moderate physical activity skills with friends and family.

YOU COULD

- Organize a community cleanup day. Participants could help clean parks, trails, streams, or roads (i.e., adopt a highway).
- Conduct school or home cleanup, repair, and painting events.
- Conduct a community car wash. The proceeds raised could be allotted for school or community recreational equipment.

POTENTIAL PARTNERS

- Department of Transportation
- Religious and volunteer organizations
- Hardware stores
- Organizations that support persons with disabilities



Indoor Events

Indoor facilities—schools, malls, health clubs, community centers—may already offer physical activity opportunities. Many are ideal places to host a workshop or event. Indoor facilities make weather considerations less of a concern, and most are safe places to hold events.

YOU COULD

- Host a physically active back-to-school night.
- Work with a mall or shopping center to begin an early morning walking program.
- Partner with a health club or community center to host a physical activity fair that includes opportunities to try different types of physical activity, clinics on physical activity safety, and displays from activity groups (e.g., bowling and softball leagues or hiking clubs).
- Hold a series of workshops that teach members of the target audience how to use dancing to help reach their physical activity goals. It might be western dancing one week and salsa the next.

- Host a weekly family skate in the evening at an ice or roller rink.
- Start a beginner's volleyball league or host a family volleyball tournament.
- Offer a workshop designed to encourage planning for physical activity and bolster self-confidence. The workshop might explain how to fit physical activity into a busy lifestyle and the benefits of engaging in physical activity with friends or family while providing demonstrations and opportunities to try new forms of physical activity.

POTENTIAL PARTNERS

- Volleyball, racquetball, and other sports leagues
- Walking groups
- Mall management companies
- Skating rink management companies
- Parent-teacher organizations
- Hospital-based wellness programs
- Dance schools and instructors

Sample Indoor Programs

Seward, Alaska, shares its physical activity facilities and resources with the entire community. The high school and technical school make their fitness and recreation facilities available during non-school hours to community members. People can swim, lift weights, or play basketball or racquetball at low cost, and community aerobics instructors use the facilities to teach classes to the public. Even visitors to Seward can take advantage of these opportunities, which they learn about from a promotional folder left in hotel rooms.

At Hoover High School in inner-city San Diego, California, students helped develop a 2,800-square-foot fitness center at the school. The fitness center is open to students, school staff, and the community when the school day is over. This program created partnerships between high school staff and students, the school's food service, the California Governor's Council on Physical Fitness and Sport, the fast-food industry, and the local community. Hoover High School's program allows adolescents and young adults to be physically active with their friends, peers, and family in a safe and enjoyable environment, and addresses local residents' needs for recreation facilities.

POTENTIAL PARTNERS

- Chamber of Commerce
- Hospital-based wellness programs
- Individual companies
- State restaurant association

FOOD GUIDE PYRAMID

A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

KEY

These symbols show fats and added sugars in foods.

■ Fat
(naturally occurring and added)

▼ Sugars
(added)

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain or improve your weight.

Milk, Yogurt,
& Cheese Group
2-3 SERVINGS



Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS



Vegetable Group
3-5 SERVINGS



Fruit Group
2-4 SERVINGS



The **Food Guide Pyramid** emphasizes foods from the five food groups shown in the three lower sections of the Pyramid.

Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another—for good health, you need them all.

Bread, Cereal,
Rice, & Pasta Group
6-11 SERVINGS



How Much Servings Do You Need?

The **Food Guide Pyramid** shows a range of daily servings for each major food group. The number of servings that is right for you depends on how many calories you need. Calories are a way to measure food energy. The energy your body needs depends on your age, sex and size. It also depends on how active you are.

In general, daily intake should be:

- ▲ 1,600 calories for many sedentary women and some older adults;
- ▲ 2,200 calories for most kids, teen girls, active women and many sedentary men; and
- ▲ 2,800 calories for teen boys, many active men and some very active women.

Those with lower calorie needs should select the lower number of servings from each food group. Their diet should include 2 servings of meat for a total of 5 ounces. Those with average calorie needs should select the middle number of servings from each food group. They should include 2 servings of meat for a total of 6 ounces. Those with higher calorie needs should select the higher number of servings from each food group. Their diet should include 3 servings of meat for a total of 7 ounces. Also, pregnant or breastfeeding women, teens and young adults up to age 24 should consume 3 servings from the milk group daily.

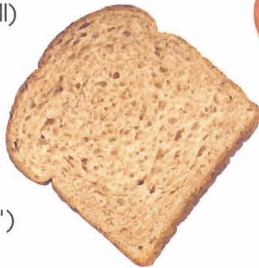
The amount of food that counts as one serving is listed below. If you eat a larger portion, it is more than one serving. For example, a slice of bread is one serving. A hamburger bun is two servings.

For mixed foods, estimate the food group servings of the main ingredients. For example, a large piece of sausage pizza would count in the bread group (crust), the milk group (cheese), the meat group (sausage) and the vegetable group (tomato sauce). Likewise, a helping of beef stew would count in the meat group and the vegetable group.

What Counts as a Serving?

Bread, Cereal, Rice & Pasta Group

- 1 slice bread
- 1 tortilla
- ½ cup cooked cereal, rice or pasta
- 1 ounce ready-to-eat cereal
- ½ hamburger roll, bagel or English muffin
- 3-4 plain crackers (small)
- 1 pancake (4-inch)
- ½ croissant (large)
- ½ doughnut or danish (medium)
- ⅓ cake (average)
- 2 cookies (medium)
- ½ pie, fruit (2-crust, 8")



Vegetable Group

- ½ cup chopped raw or cooked vegetables
- 1 cup raw leafy vegetables
- ¾ cup vegetable juice
- ½ cup scalloped potatoes
- ½ cup potato salad
- 10 French fries



Fruit Group

- ¾ cup fruit juice
- ½ cup raw or canned fruit
- 1 medium apple, banana or orange
- ¼ whole avocado



Milk, Yogurt & Cheese Group

- 1 cup milk or yogurt
- 1½ ounces natural cheese
- 2 ounces process cheese
- 1½ cups ice cream or ice milk
- 1 cup frozen yogurt
- 1½ ounces Mozzarella cheese
- ½ cup Ricotta cheese
- 2 cups cottage cheese



Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group

- 2 to 3 ounces cooked lean beef, pork, lamb, veal, poultry or fish
- Count ½ cup of cooked dry beans or 1 egg as 1 ounce of lean meat. 2 tablespoons of peanut butter or ¼ cup of nuts count as 1 ounce of meat.

Lean Beef Choices

- Eye of Round
- Top Round
- Round Tip
- Top Sirloin
- Bottom Round
- Top Loin
- Tenderloin



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www.teachfree.com (free information for teachers)
www.beefnutrition.org (for nutrition and health professionals)
www.burgertown.com (for children 8-12)
www.beef.org (general consumer information)



Resources

The following national organizations, or their state or local affiliates, are effective resources in promoting physical activity. Contact appropriate organizations for information on planning and implementing national, state, and local activities; opportunities to link with existing physical activity events; and possible partnerships.

Aerobic and Fitness Association of America
15250 Ventura Boulevard, Suite 200
Sherman Oaks, CA 91403
818-905-0040

American Alliance for Health, Physical
Education, Recreation & Dance
1900 Association Drive
Reston, VA 20191
703-476-3400

American Cancer Society
1599 Clifton Road, NE
Atlanta, GA 30329
404-320-3333
800-ACS-2345 (800-227-2345)

American College of Sports Medicine
P.O. Box 1440
Indianapolis, IN 46206-1440
317-637-9200

American Council on Exercise
5820 Oberlin Drive, Suite 102
San Diego, CA 92121
619-535-8227

American Diabetes Association
1660 Duke Street
Alexandria, VA 22314
703-549-1500

American Dietetic Association
216 West Jackson Boulevard, Suite 800
Chicago, IL 60606
312-899-0040

American Heart Association
7272 Greenville Avenue
Dallas, TX 75231
214-373-6300

American Lung Association
1740 Broadway
New York, NY 10019
212-315-8700

American Physical Therapy Association
1111 North Fairfax Street
Alexandria, VA 22314
703-684-2782

American Running and Fitness Association
4405 East-West Highway, Suite 405
Bethesda, MD 20814
301-913-9517

Arthritis Foundation
1330 West Peachtree Street
Atlanta, GA 30309
404-872-7100

Association for Worksite Health Promotion
60 Revere Drive, Suite 500
Northbrook, IL 60062-1577
708-480-9574

Bicycle Federation of America
1506 21st Street, NW, Suite 200
Washington, DC 20036
202-463-6622

Campaign to Make America Walkable
1506 21st Street, NW, Suite 200
Washington, DC 20036
202-463-6622

Congress for the New Urbanism
706 Sacramento Street, Box 148
San Francisco, CA 94108
415-291-9804

Disability Rights Education and Defense Fund
2216 Sixth Street
Berkeley, CA 94710
510-644-2555

IDEA-International Association of
Fitness Professionals
6190 Cornerstone Court East, Suite 204
San Diego, CA 92121
619-535-8979

International Health, Racquet &
Sportsclub Association
263 Summer Street
Boston, MA 02210
617-951-0055

League of American Bicyclists
749 North 26th Street
Philadelphia, PA 19130
215-232-7543

National Association of Governors' Councils
on Physical Fitness and Sports
201 S. Capitol Avenue, Suite 560
Indianapolis, IN 46225
317-237-5630

National Bicycle and Pedestrian Clearinghouse
1506 21st Street, NW, Suite 210
Washington, DC 20036
800-760-6272

National Coalition for Promoting Physical Activity
P.O. Box 1440
Indianapolis, IN 46206-1440
317-637-9200

National Gardening Association
180 Flynn Avenue
Burlington, VT 05401
802-863-1308

National Recreation and Park Association
P.O. Box 6287
Arlington, VA 22206
800-626-6772

National Youth Sports Safety Foundation
3335 Longwood Avenue, Suite 202
Boston, MA 02115
617-277-1171

Shape Up America
6707 Democracy Boulevard, Suite 306
Bethesda, MD 20817
301-493-5368

Sierra Club
85 Second Street, 2nd Floor
San Francisco, CA 94105
415-977-5653

Sporting Goods Manufacturers Association
200 Castlewood Drive
North Palm Beach, FL 33408-5696
561-842-4100

Surface Transportation Policy Project
1100 17th Street, NW, 10th Floor
Washington, DC 20036
202-466-2636

Rails-To-Trails Conservancy
1100 17th Street, NW, 10th Floor
Washington, DC 20036
202-331-9696

Transportation Alternatives
115 West 30th Street, Room 1205
New York, NY 10001
212-629-8080

U.S. Disabled Athletes Fund, Inc.
2015 South Park Place, Suite 180
Atlanta, GA 30339
770-850-8199

Walkable Communities
320 South Main Street
High Springs, Florida 32643
904-454-3304

Wellness Councils of America
7101 Newport Avenue, Suite 311
Omaha, NE 68152
402-572-3590

Young Men's Christian Association
YMCA
101 N. Wacker Drive
Chicago, IL 60606
312-977-0031

Young Women's Christian Association
YWCA
726 Broadway
New York, NY 10003
212-614-2700



Deskercise

Workout At Your Workstation !



No matter where you are or what kind of workstation you have, a private office, a cubicle, or open workspace, you can include physical activities in your regular office routine. Try some of the activities listed below.

Shoulder Deskercises

Feel the weight of the world on your shoulders? These exercises can help sooth tension and eliminate kinks.

Heavy Hinges

This stretch is best done in a standing position to help shoulders and triceps (backs of your arms). Do several times a day or whenever muscles in your shoulders and upper body feel tight. Move both arms backward, with your palms facing down and hold for five seconds. Bend arms at the elbow (like a hinge), fingers pointing straight ahead and hold for five seconds. Repeat five to 10 times.

Do The Funky Chicken

Loosen up your shoulders, chest and back with this "funky chicken" exercise. It takes only a minute and releases a lot of tension in your upper body. It can be done from either a sitting or standing position. Place your fingertips on your shoulders, elbows pointing out to the sides. Pull your elbows back as far as you can. Push your elbows forward and try to touch them together. Repeat 10 times. Now, keeping your fingertips on your shoulders, lift your elbows up and then push them down to your sides, as if you're trying to fly. Repeat 10 times.

Shoulder Rolls

This exercise, done at least three times a day, can relax your shoulders. You may do this one shoulder at a time or both together. Sit or stand with your back straight. Lift your shoulders as high as you can. Bring them forward. Push them down. Pull your shoulders back, then return to starting position. Repeat in the opposite direction. Repeat three to five times.

Neck Deskercises

Pain in the neck? These simple exercises can help ease the tension and loosen the kinks from a long day at the computer.

Neck Push

This exercise can be done sitting or standing and helps strengthen your neck muscles, which can help alleviate some of the discomfort. Keeping your head upright, hold the palm of one hand against your forehead and press your head forward, resisting with your palm. Hold for 10 to 15 seconds. Then clasp your hands behind your head and press your head backward, resisting with your hands. Hold for 10 to 15 seconds. Repeat on both sides of your head.

Relax And Roll

Relax your shoulders and let your head roll forward, chin to chest. Slowly rotate your head in a circle without straining your neck. Repeat five times. Relax, and rotate in the opposite direction and repeat five times. Try not to raise your shoulders as you do this exercise.

Ready For Flight

- Your shoulders are the link between the three most common sites of stress-related pain — your head, neck and back. Increasing flexibility in your shoulders will also help with back and neck relaxation.
- Sit erect in a chair. Raise your arms so that your elbows are flared in an outward position and your hands are at shoulder level in front of your body. Keep your hands at shoulder level and push your elbows as high as you can, isolating the pressure on your shoulders. Repeat 10 to 15 times. Perform the first few slowly and smoothly, the next few faster and more intensely, and then slow the pace again.

The Lumberjack

- You're not really swinging an ax as you do this exercise, so don't make the movements choppy or jerky. Try for maximum stretch to relieve the tension in your shoulders and elbows that develops as you work at your keyboard all day.
- From a standing position, clasp your hands and hold them close to your right shoulder, as though resting an ax there. Gently swing the ax by straightening your elbows and moving your hands toward your left thigh. Raise your clasped hands to your left shoulder and swing the ax toward your right thigh. Repeat on both sides seven or eight times.

Buttocks Deskercises

Pain in the butt? This simple exercise can help reduce tension that can result from a long day of sitting.

Butt Crunch

- Whether you sit all day or not, buttocks are an area of the body that we often neglect until we notice the area increasing in size! This exercise can be done while sitting in a chair or lying on your back with your knees bent. Do it several times a day to tighten those buttocks.
- Tighten and squeeze your buttocks, hold five to 10 seconds, and release. Repeat six to eight times. Really concentrate on the "squeeze" for maximum results.

Stretching Deskercises

Tummy Twist

- Performing this range-of-motion exercise several times a day will help prevent that tight, uncomfortable feeling in the trunk of your body that comes from sitting all day.
- Stand with your feet shoulder width apart. Hold your bent elbows down at your sides with fists up. Lean slightly forward and twist side to side with your elbows leading the movement. Repeat for 30 to 45 seconds.

Reach And Stretch

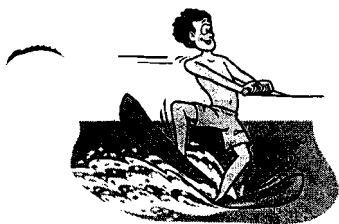
- This stretch is good for your arms and body trunk. Done slowly, it also serves as a great relaxer. Try not to bend forward as you lean to the right or left.
- Stand with your feet spread shoulder width apart. Raise one arm, then bend sideways, reaching over your head until your arm is parallel to the floor (or as far as you can). Hold for five to 10 seconds. Repeat with other arm.

Tarzan Stretch

This is a good way to "open up" the chest muscles after you have been sitting and leaning forward all day at your desk. Interlace your fingers behind your back, palms facing in. Raise and straighten your arms, squeezing your shoulder blades together and "opening up" your chest. Hold for five to 10 seconds. Repeat 5 to 10 times.

The Twist

- This torso twist stretch for the entire upper body can be done sitting right in your chair at the office. Perform it several times a day, whenever you get that "tense" feeling in your body.
- Sit straight in a stationary chair with both feet flat on the floor. Slowly tilt your torso to the right as you reach around behind yourself with your right hand. Grasp the top right corner of your chair with your right hand. Complete the stretch by moving your left hand as close as possible to your right hand. Stretch as far as you can and hold it for 15 seconds. Repeat four to six times, twisting left and right, aiming to turn the body a little farther each time.



Workshop Evaluation



Name: (optional) _____

Use the following scale to evaluate the workshop.

Strongly Agree = 4 Agree = 3 Disagree = 2 Strongly Disagree = 1

1. Information was presented in a clear and organized manner. _____
2. Presenter(s) were organized and well prepared. _____
3. Handouts and materials were relevant to the information. _____
4. Group participation activities were appropriate. _____
5. Questions were answered sufficiently. _____
6. I will be able to use information. _____

7. What did you like the most about today's session? _____

8. What did you like the least about today's session? _____

9. What new information did you learn today? _____

10. What could the presenter(s) do differently to deliver this information more effectively? _____
